

# Mental Elf 2023

Festive Fun Run

## Event Information Pack for participants

# 5K

 Sunday 10th December, 10.00am - 3.00pm

 Shuttleworth, Old Warden Park, Biggleswade, SG18 9DT



 Mind BLMK

  
SHUTTLEWORTH



**Thank you for participating in Mind BLMK's Mental Elf 2023.  
This event is to raise vital funds to our mental health and  
wellbeing services and spread positive mental health awareness.**



If you have any friends, family or colleagues that are looking to donate to support you taking part in the 5k you can direct them to our Just Giving Campaign page [HERE](#).



# INFORMATION DESK

**Next to the 'Sign-in' desk there will be a Mind BLMK Information Desk, here you can;**

- Report a lost child
- Report an accident
- Learn about Mind BLMK services
- Hand in/report lost items
- Ask any questions you may have





Shuttleworth Site



Mental Elf Event Parking Area

G & M Growers Roundabout

A1

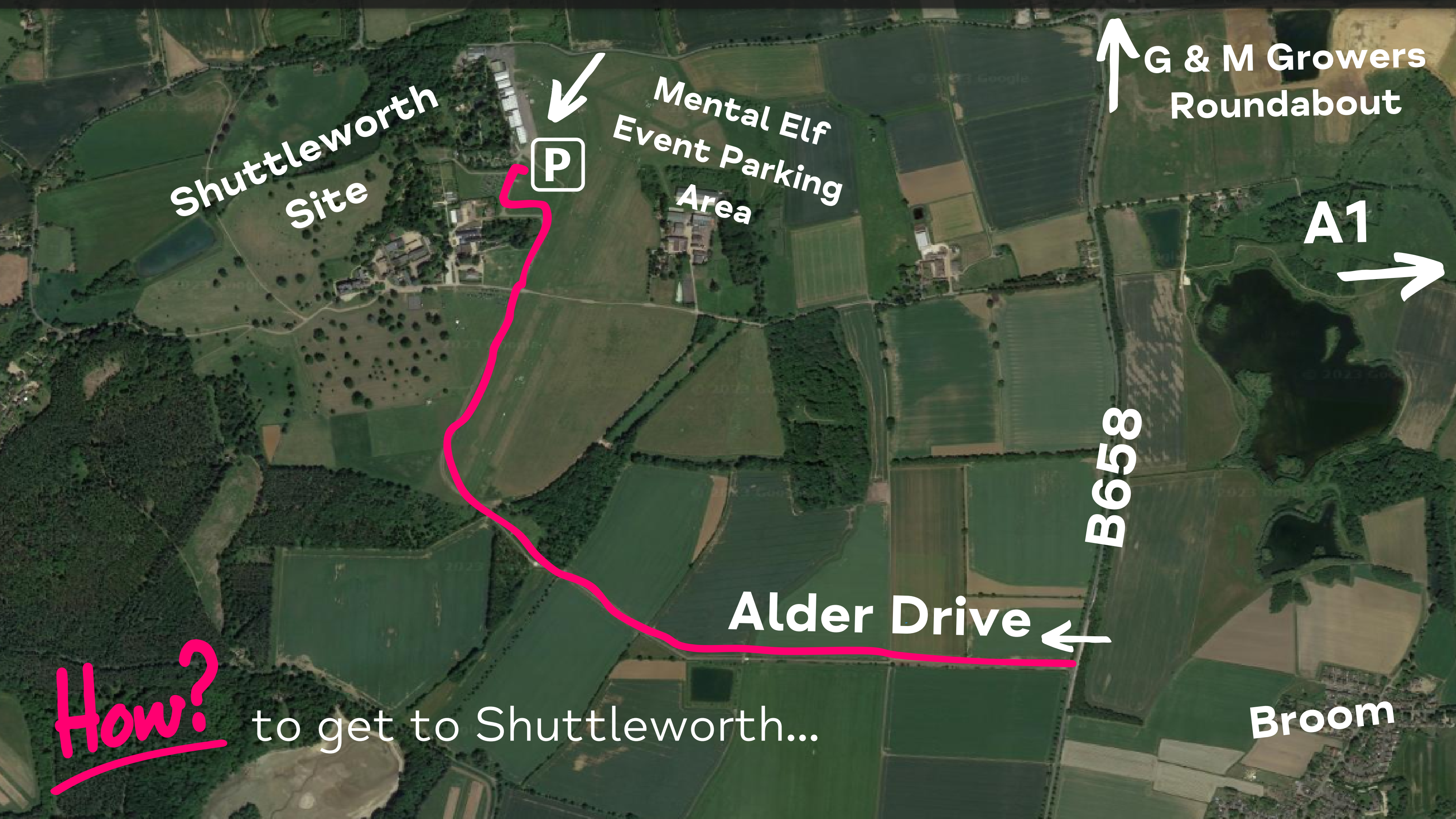
B658

Alder Drive

Broom

How?

to get to Shuttleworth...





*Where?*

is the Mental Elf Event Car Park?



Cafe, Shuttleworth Collection and Swiss Gardens.

Mental Elf Event Area



Event entrance



Event Parking

Christmas Market



MENTAL ELF THIS WAY!

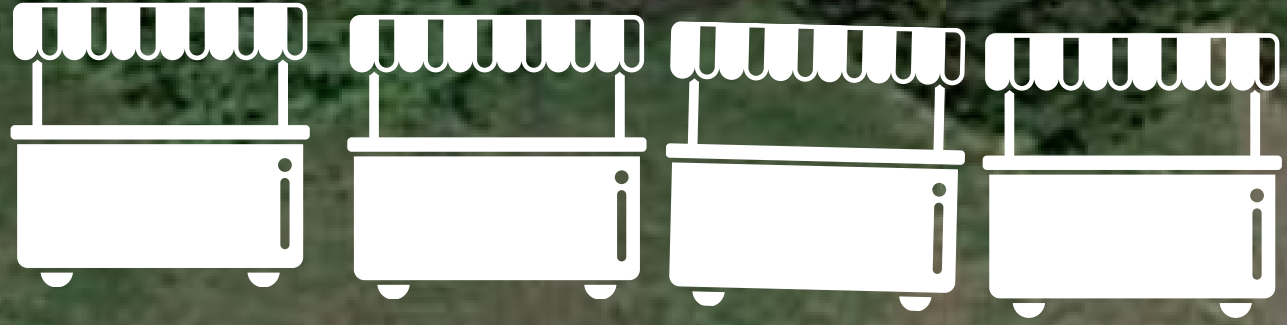


# What?

Is going on in Paddock 4



Wellbeing Area



food/drink vendors

Santa's grotto



Games/Raffle

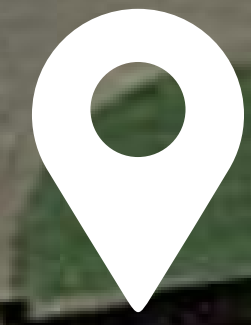
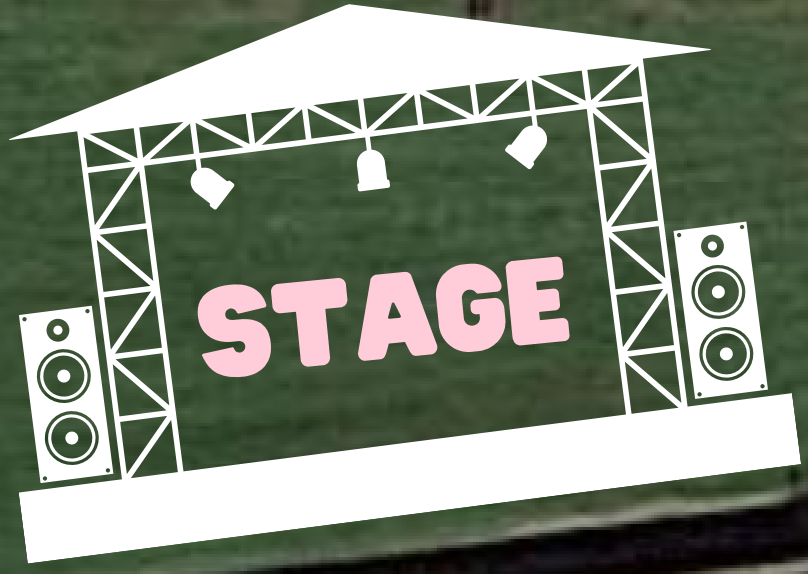


WARM UP AREA

START



Free Water Refill Station



Info Desk



Sign In Desk



ENTRANCE



# Route



**The Mental Elf 5k Festive Fun Run will follow route around the grounds of Shuttleworth.**

There will be plenty of marshals and signage along the way so you'll know you're going the right way!



# MENTAL ELF 2023 SCHEDULE

**10am**

Event area and 5k sign in desk opens

**11.25am**

Some words from Mind BLMK and Joanna Hewitt (Sandy Town Council Mayor)

**12pm**

The Alina Orchestra will begin playing some Classical Christmas Songs (don't worry if you're not back by 12pm, they'll be on for a good hour!)

**1pm - 3pm**

Opportunity to explore the event area, Shuttleworth Christmas Market and Collection, visit Santa and eat/drink lots of festive treats!

**11.15am**

Warm up with Jones' Fitness at the Stage Area.

**11.30am**

The 5k fun run begins!

**1pm**

Polymnia Choir will sing some Christmas classics

**3pm**

Mental Elf Event finishes.



**Shuttleworth in Lights begins, each participant gets 10% off for them and their families on the day by quoting 'mindelf23'**

# Health & Safety

**Please make sure when filling in your medical disclaimer form on the day, that you are fit and healthy and able to take part in the 5k fun run. There will be Marshals located at every 1km mark of the route, in the event you require assistance and professional first aid on site.**

Volunteers/Mind BLMK can be identified by a high-vis jacket.

Volunteers will be wearing a pink wristband and Mind BLMK staff will be wearing a blue wristband.



# EMERGENCY CONTACT DETAILS

**If you need to get hold of a Mind BLMK staff member ASAP or can't find a steward/marshal around, in case of an emergency you can call;**

**Event Manager;** Gretchen Larkin 07742 907 380  
**or Site Manager;** Eloise Adger 07402420202



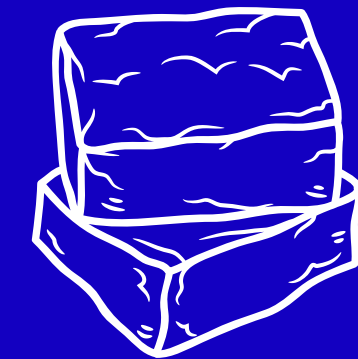
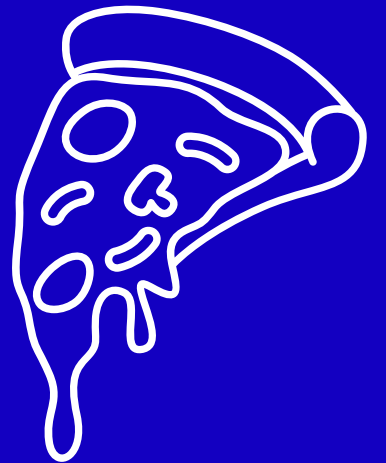


## FOOD & DRINK

There will be a variety of food and drink available on the day from;

- Franki's Apperitivo Bar; serving boozy hot chocolates, mulled wine, beer, and festive alcoholic/non-alcoholic cocktails
- Jacks Smokeshack; serving fresh pizza's from his pizza van
- Crumb de la Creme; serving delicious bakes goods such as brownies and cookies
- Cafe 2 U; serving hot drinks, snacks and more!

**The Runaway Cafe at Shuttlesworth will also be open with more food options!**



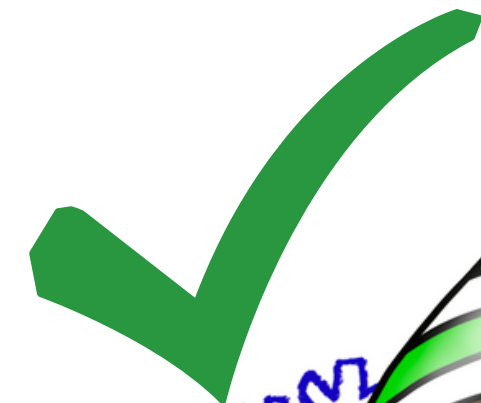
# WELLBEING AREA

**In Paddock 4, in collaboration with Safer Central Beds, we are proud to be hosting a ‘Wellbeing Area’ with other local organisations offering advice and information on support available locally.**

- Age UK
- Healthwatch Central Beds
- The Recovery College
- Beds Fire (with a special visit at 12pm...)
- Safer Central



**SAFETY FIRST**



## WHAT TO BRING

**We do anticipate that it will be chilly so make sure to wrap up warm!**

**On the day, make sure to bring;**

- Phone
- Valid form of ID (for registration and alcohol purchases)
- Card/cash to make purchases
- Water bottle (free refills available on site)
- Lots of festive cheer!

There won't be a bag drop-off/cloakroom area so we recommend only bringing what you can carry on you, or what you can leave with your friends/family or locked on the boot of your car.

Dogs are allowed in the Paddock area and around the 5k route, but are not permitted in Shuttleworth House, Shuttleworth Collection, Swiss Gardens or Runaway Cafe.





## FURTHER INFORMATION

All friends and family are welcome into the event area **FREE** of charge to cheer you on, enjoy the festive live music and browse the different areas.

If you have any further questions, please contact our Fundraising Team;

e: [fundraising@mind-blmk.org.uk](mailto:fundraising@mind-blmk.org.uk)

t: 01525 722222

**We look forward to seeing you soon!**



for supporting Mind BLMK

